

Geeze Louise Broccoli Mac & Cheese

Makes: 6 Servings

Ingredients

9 ounces great northern beans
8 ounces whole-wheat pasta, cooked
4 cups chicken broth, low sodium
1 cup skim milk
6 ounces reduced-fat cheddar cheese, shredded
1 3/4 cups broccoli florets
1/4 teaspoon salt
1/2 teaspoon garlic powder
1/2 teaspoon black pepper

Directions

1. Drain and rinse beans. Puree beans with just enough chicken broth to form a smooth consistency.
2. In a large saucepan, cook pasta in boiling water until tender.
3. Combine milk, cheese, and seasonings in a separate saucepan. Melt over medium heat until smooth and creamy. Add bean puree and combine. If sauce is too thick, ladle a couple ounces of pasta liquid in to thin to right consistency.
4. Steam broccoli until tender.
5. Drain pasta and broccoli and combine with cheese sauce in saucepan.
6. Heat until temperature reaches 165°F for 15 seconds.

